



Boost Your Brain and Memory

7-week Class

Boost Your Brain and Memory Class is a unique program that takes on a holistic approach to improving brain health in older adults, and is evidence-based. Participants will learn new habits to maintain cognitive health while also practicing new skills for better memory performance.

The program uses videos and instructor-led exercises to guide participants to learn strategies on remembering, being more organized and regulating emotions.

Participants receive a workbook with key concepts and targeted follow-up exercises.

“Great information and videos!”

“Loved the entire class!”

“The strong connections between exercise, nutrition, and brain health was new to me!”

Classes are held in person and virtually throughout the year.

**For more information, contact
the Aging & Disability
Resource Center,
www.eauclaireadrc.org or
call 715-839-4739.**

